What are the Rules on Self Isolation? – a Quick Guide for Parents

	If the person has any of the Covid-19 symptoms (a high temperature, a new continuous cough, or a loss or change to their sense of smell or taste) **and is awaiting a test result**	**If the person has tested positive for Covid-19**
The individual person	Must self-isolate until the test result is received. • If this is positive, see right hand column. • If negative, the individual may end their self-isolation if they are well, no one it their household or support bubble has symptoms and they have not been asked to self-isolate by NHS Test & Trace.	Must self-isolate for 10 days from the start of symptoms and until there is no high temperature.
The person's household	Must self-isolate until the test result is received. • If this is positive, see right hand column • If negative, the household may end their self-isolation if no one has symptoms and they have not been asked to self-isolate by NHS Test & Trace.	Must self-isolate for 10 days from the start of their symptoms, or from the date of the positive test taken (if the individual has no symptoms). If any member of the household develops symptoms at any point during the 10 days, they must self-isolate for 10 days from the start of their symptoms and get tested.
The person's contacts (see below for details of who a contact is)	They do not need to self-isolate unless they develop symptoms or the person tests positive.	Must self-isolate for 10 days from the last contact with the confirmed case. If they develop symptoms during the 10 days, they must self-isolate for 10 days from the start of their symptoms and get tested.
The households of the person's contacts	Do not need to self-isolate unless the Contact develops symptoms.	Do not need to self-isolate unless the Contact develops symptoms.

A 'contact' is a person who has been close to someone who has tested positive for Covid-19 anytime from 2 days before the person had symptoms (or a positive test if no symptoms) and up to 10 days from the start of their symptoms (when they are infectious to others). So this means anyone who:

- Is in their household (living together, sharing kitchen or bathroom)
- Has been closer to them than 1m for one minute or longer
- Has been within 2m of them for more than 15 minutes
- Has had face-to-face contact (within 1m), been coughed on or had skin-skin physical contact
- Has travelled in a small vehicle with them, even on a short journey.

You may also find this diagram about actions to take if someone in your household develops Covid 19 symptoms helpful.